

# Social Emotional Health Survey-Secondary (SEHS-S)

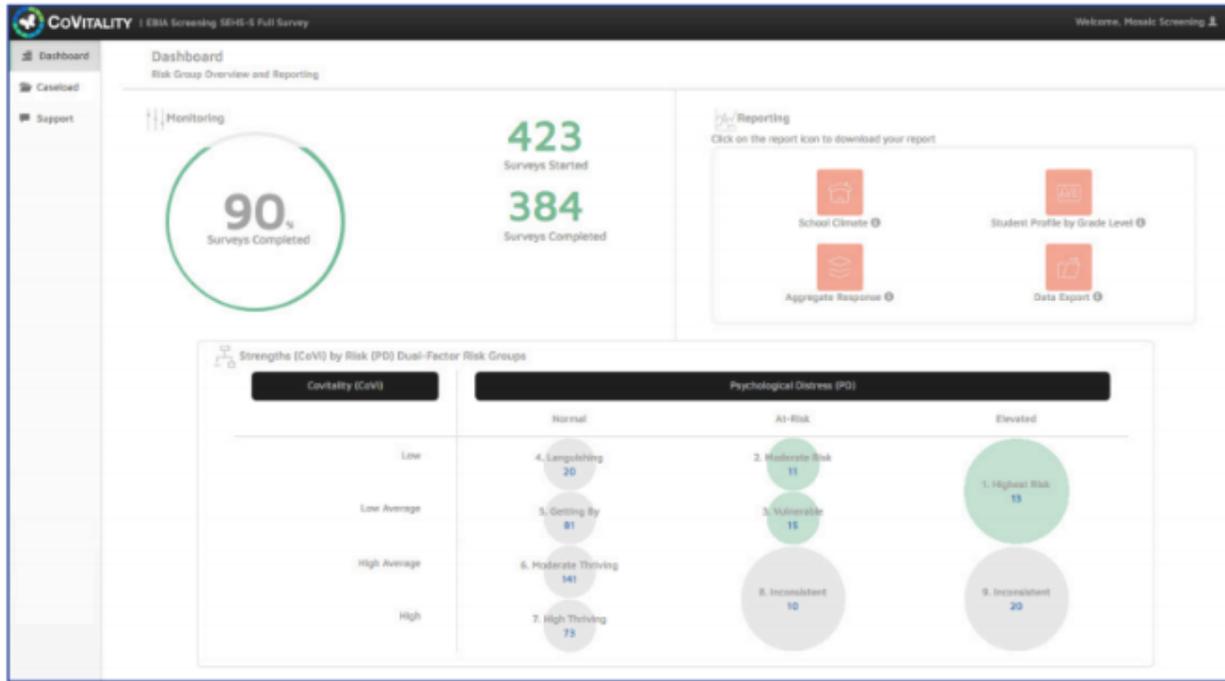


The SEHS-S assesses 12 subscales across four traits: belief-in-self, belief-in others, emotional competence, and engaged living. These 12 subscales include emotional regulation, empathy, self-control, self-efficacy, persistence, self-awareness, optimism, zest, gratitude, family coherence, peer support and school support. It is appropriate for students in Grades 7 to 12. The SEHS-S has 36 self-report items on a 4-point Likert scale: For example, “When I try to solve a math problem, I will not stop until I find a solution,” and “I have a friend my age who really cares about me” (Project CoVitality). This survey has been widely tested across the United States, Australia, Korea, and Japan.

# Social-Emotional Health Model



This survey can be administered through Mosaic Network Inc.'s CoVitality Screener. Purchasing this app allows students to take the survey online with results available in real time. The screener compiles students' responses into an intuitive report providing insights into individual and group wellbeing (see image to the right). All data are secure and comply with HIPAA and FERPA. Additional scales make this instrument optimal for universal screenings for school wellbeing.



**Pros for Schools**

Widely tested  
 Comprehensive view of wellbeing  
 Measures subscales across several traits  
 Primary form enables continuity across grades (SEHS-P)  
 Associated Covitality App available through Mosaic Network Inc. (requires fee)

**Cons for Schools**

CoVitality Screener typical cost of \$500 for set up with custom configuration and training fee, plus \$1.25 per student

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**Suggestions for Further Research**

Furlong, M. (n.d.). Project CoVitality: Social Emotional Health Survey-Secondary. <https://edtechbooks.org/-wmUM>

Measuring SEL. (n.d.). Access assessment guide: Social Emotional Health Survey-Secondary. <https://edtechbooks.org/-Mjz>

Mosaic Network Inc. (n.d.). Covitality. <http://www.covitalityapp.com/>.

Project CoVitality. (n.d.). Measures. <https://edtechbooks.org/-AxeQ>.

For a more complete list of relevant academic articles, [click here](#).

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

MEGAN BATES AND DAVID BOREN



Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books.  
Retrieved from <https://edtechbooks.org/wellbeing>



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